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Impair Healthy Healing In People Over The Age Of 30!

Find the Artist Within

By Eileen Bergen

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The Artful Crafter
www.theartfulcrafter.com

Can anyone be an artist?

People admiring my work often say, "I could never do that!" I say, "Yes, you can!"

Eight years ago, during a very difficult time in my career in finance (Downsizings, layoffs - let's not talk about it, OK?), my company sent me to a development workshop for female executives.

I came out of a particularly thought-provoking discussion group and penned the following very prophetic free verse.

Threads They Said
Mimi said, "Why don't you paint again?"

I said, "There's no time. I crunch numbers now."

Carole said, "You can do it!"

I said, "No. I don't think so."

Cheryl said, "You have an artist within. Reach down. Bring it out."

I said, "My numbers ... they pay the bills.

Though, God knows, they don't feed the soul anymore!"

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Martha said, "There's a strength within you."

I asked, "They why do I feel so weak, so beaten?"

Bob said, "Reach for the sky. Be your mother's daughter.

Write poetry. Perhaps the answer lies within."

I reached. I created. I wrote. I discovered.
The threads came together.

I design tee-shirts now.
On a glorious sunny beach.
I write my musings in between.
And share them with other artists
--- like me.

I didn't really dwell on these thoughts at the time since I ended up taking early retirement and had no intention of going back to work.

"Threads They Said" got filed away with my other work files. I only unearthed it recently and was stunned to realize how it all has come true.

Except we don't live on a glorious sunny beach, we live on a mountainside overlooking a beautiful lake - close enough for me! And now you are some of the other artists I share my musings with!

I believe anyone with a creative eye can be an artist. If you know what you like when you see it, you can be an artist. If you know what someone else will like, you can be a commercial artist. You only need to find your medium or craft.

To find the artistic spirit within you:

1. Think about your abilities, not your dis-abilities; what you can do, not what you can't. Maybe you're good with the computer. Think graphic arts. Maybe you wield a mean needle. Think of practical sewn items to which you can add artistic touches.

Today with the endless supply of craft materials and kits to get you started, there's something for everyone - or I should say - something for every artist.

2. Determine your bliss. I once read that if a woman thinks back to what she most enjoyed when she was between 8 and 11, she can identify her bliss. For men, it's between 10 and 14. They mature later, you know - some women would say never. If, at that age, you were always making "stuff" (doesn't matter what) and loved having your own crayons (that no one else was allowed - under penalty of death - to touch) and maybe your own set of colored pencils, art and crafting could be your bliss.

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If you took particular joy in actually producing something - an end product - rather than just messing with all those neat (or should I say, messy) paints, you almost certainly have an artist within.

3. Browse a local crafts superstore or Internet crafting sites (please start by browsing around TheArtfulCrafter.com!). Go up and down the aisles, whether virtual or real, and see what appeals to you. Purchase a few kits. [Aside: If you intend to sell what you make from the get-go, be sure to consider what will also appeal to your future customers.]

4. Don't be afraid to try something new. To me, a sub-definition of artist is "someone who is always trying something new" - new techniques, new media. You have little to lose - the cost of a kit or a few tubes of paint - and very much to gain!

by Eileen Bergen
The Artful Crafter
www.theartfulcrafter.com

Ms Bergen has had a varied career, first as a special education teacher and then, after getting a MBA degree, as a vice president of a major insurance company. For the past eight years, she has been creating and selling her crafts.

CD Baby and Vision Music USA Form Strategic Partnership To Help Independent Musicians

By Keith "MuzikMan" Hannaleck

FOR IMMEDIATE RELEASE

August 1, 2004– Vision Music USA, LLC an independent musician's resource specializing in Artist Development has teamed with CD Baby. CD Baby is the world's #1 online retailer for Independent CDs. Currently they have 67,123 artists that sell their CDs on their site, they have sold 1,074,899 CDs to customers and paid out \$8,547,404.48 to artists. With each company combining their success, the independent artist will have only two companies to visit to take care of literally all their needs to help bring their careers to the next level.

With offices in Austin, TX and Boston, MA Vision Music USA is a TRUE independent musicians resource. Services include: Artist Development, Booking, Publicity, Merchandise, Graphic Design, Website Design, CD Duplication, CD Mastering and much more. In addition to this benefit, any artist visiting the Vision Music USA site that goes to CD Baby to sign up for their services will receive \$5 off the annual CD Baby membership! It is a can not loose proposition for any serious independent artist looking to advance their career.

Vision Music USA <http://www.visionmusicusa.com> and CD Baby <http://www.cdbaby.com> are doing this to offer musicians the resources they need at even lower prices to help their careers.

Vision Music USA & CD Baby artist assistance program is an effort to help

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the Independent Music Community, all CD Baby artists will save 15% on all of Vision Music USA's services!

Vision Music USA, LLC

PO Box 650

Canton, MA 02021

781-248-9960

Vision Music USA, LLC

2615 Market Garden Lane

Austin, TX 78745

512-585-1591

MuzikMan works to promote Indie Artist through reviews, interviews, press release, biographies and Vision Music USA's diverse offering of services.

CD Baby and Vision Music USA Form Strategic Partnership To Help Independent Musicians Art Lovers!

Painting as a Spiritual Expression

The Online Art Gallery: Gaining Momentum

What is an Artist's Statement & How Often Should It Be Updated?

Tattoo Secrets

Making money at online auctions

eBarteringTactics

Free Government Grants

Sen Ze's Mini Encyclopedia of Internet

improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

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